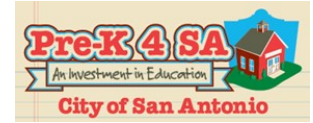




News 4 Nutrition

Summer 2015

Helping Kids Maintain a Healthy Weight



Include fruits and vegetables into meals & snacks.

Four & five year olds require 3 cups of fruits and vegetables every day.

Eat breakfast.

Eating a morning meal will ensure your child's metabolism is burning energy rather than trying to save energy in starvation mode.

Eat low-fat dairy foods.

Growing children require calcium for strong bones and teeth, as well as muscle & nerve growth. High calcium non-dairy options include leafy greens such as romaine, bok choy, kale & collard greens, as well as white beans, tofu, salmon (fresh or canned), and almonds.

Be physically active.

Ensure children can get at least 30 minutes of active play or exercise each day.

Make meal time family time.

Using meal time to ask your child questions about his/her day is a great way to interact and bond with your child. Family meals are also a great way to introduce and model eating new foods!

Limit screen time.

And choose to go outside with your children!

Control portions.

Portion out foods using household items or measuring cups. Use small-

er plates. Check food labels for serving sizes.

Be aware of sugar sweetened beverages.

Instead of using a lot of calories on sodas and energy drinks, opt for fruit-infused waters and unsweetened drinks instead.

Eat out responsibly.

Portion sizes at restaurants are usually 3 times the portion amount you should eat in one meal. Split entrées with friends or family members or box up part of your meal before you start eating, so you won't overeat.

Healthy Drink Options

Homemade Lemonade
Iced tea with 1/2 of the sugar or sugar substitute.
Fruit Infused water



When children are able to assist in the kitchen, they are more prone to eat what is being served at the dinner table.

Do not forbid foods or use food as a reward.

Forbidding foods or using foods as a reward could potentially cause food addiction or an eating disorder later in life. Teaching children that some foods are just not eaten as often (such as high-fat, high-sugar foods) and encouraging healthy options and activity are good ways to set your child up for health success.

Involve children in meal planning, preparation, and cooking.

FOR PARENTS!



News 4 Nutrition

Eating Right on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. Here are some budget-friendly tips for eating right.



Plan what you want to eat.

Before you head for the grocery store, plan your meals and snacks for the week. Review recipes for what ingredients are needed. Check to see what foods you already have and make a list of what you need to buy. When you shop with a list, you will be less likely to buy extra items.

Decide how much to make.

Making a large batch by doubling a recipe will save time later on. Extra portions can be used for lunches or meals later in the week, or freeze leftovers in individual containers for future use. Foods purchased in bulk are almost always cheaper.

Determine where to shop.

Check the newspaper, online, and at the store for sales and coupons, especially when it comes to more expensive ingre-

dients, such as meat and seafood. Compare the unit price located on the shelf label directly below item between different brands to determine the least expensive item.

Shop for foods that are in season.

Seasonal produce will have a better taste and will be less expensive than non-seasonal produce.

Try canned or frozen produce.

Frozen produce is frozen at its peak season of freshness. It is also an easy way to include fruits and vegetables at the table when you are short on time. For canned foods, choose "no salt added" or rinse canned food such as beans to lower the sodium.

Focus on nutritious, low cost foods.

Find recipes for the following nutritious and inexpensive ingredients: beans, peas, lentils, sweet or white potatoes, eggs, peanut

butter, canned salmon or tuna, grains, and frozen fruits and vegetables.

Make your own healthy snacks.

Convenience costs money, so many snacks usually cost more when sold individually. Making your own snacks also ensures control over sugar, fat & added salt.

Skinny Baked Burritos

Prep time: 15 minutes
Cook time: 20-25 minutes
Yield: 8 servings
Serving size: 1 burrito

Ingredients

- 1 lb. lean ground turkey
- 1 pkt. Reduced-sodium taco seasoning
- 8 oz reduced fat shredded Mexican cheese blend
- 8 low carb, high fiber tortillas
- 1/2 cup reduced fat sour cream
- 4 oz. mild taco sauce
- 10.75 oz. can reduced-fat cream of mushroom soup

Instructions

Preheat oven to 350 degrees. Brown lean ground turkey, add reduced-sodium taco seasoning, and cook according to package details. Mix reduced-fat sour cream, taco sauce, and cream of mushroom soup in separate bowl. Spoon and smooth 1/3 of soup mixture into 9" x 13" baking dish. Place 2 Tbsp meat mixture and approximately 2 Tbsp cheese on each tortilla.

Roll/fold tortillas and place into a pan seam side down. Spread the rest of the soup mixture onto the rolled tortillas and top with the remaining cheese. Bake for 20-25 minutes until bubbly and cheese is melted. Top with your favorite burrito toppings (optional): lettuce, black olives, tomatoes, avocados, etc.

